

Sexual Assault Prevention and Response Program

SHAPE/CHIEVRES, BELGIUM

Sexual assault is a crime defined as intentional sexual contact, characterized by use of force, physical threat or abuse of authority or when the victim does not or cannot consent. Sexual assault includes:

- Rape – Sexual intercourse by force and without consent
- Nonconsensual sodomy - oral or anal sex by force
- Indecent assault - unwanted, inappropriate sexual contact or fondling)
- Attempted Sexual Assault – Attempts to commit these acts.
- Carnal Knowledge – Sexual intercourse with someone under age 16 years, even with his/her consent.

Sexual assault can occur without regard to gender. Both females and males can be victims of sexual assault.

“Consent” shall not be deemed or construed to mean the failure by the victim to offer physical resistance. Consent is not given when a person uses force, threat of force, coercion or when the victim is asleep, incapacitated, or unconscious.

Sexual assault is punishable crime under Uniform Code of Military Justice (UCMJ) and has absolutely no place in the military. Every soldier who is aware of incidents of sexual assault should report it within 24 hours.

According to the National Center for Victims of Crime, one out of four adult women has been the victim of sexual assault. Furthermore, the Bureau of Justice Statistics reports that one in six men will experience a sexual assault in his lifetime. A wide range of emotions and behavior may be exhibited by victims which may include anger, helplessness, guilt, fear, embarrassment, frustration, denial, laughter, and even a lack of emotion are common in persons who have been sexually assaulted. Every victim will react to the trauma of sexual assault in a different way and there is no standard response. Sexual assault has a devastating impact on the individual's

mental health, with 31 percent of all rape victims developing post-traumatic stress disorder (PTSD) at some time in their lives. They are also more likely than non-victims to experience significant depression.

Victims of Sexual Assault

If you have been sexually assaulted or think you have been:

- Go to a safe location away from the attacker.
- Contact your local Sexual Assault Response Coordinator (SARC) or healthcare provider:

USAG BENELUX SARCS		
Installation SARCs	DSN	Commercial
Brussels	368-9668	02-717-9668
Chievres	423-7593	065-44-7593
Schinnen	360-7453	031-46-443-7453

- Seek medical care as soon as possible. Even if you do not have any visible physical injuries, you may be at risk of becoming pregnant or acquiring a sexually transmitted disease.

- - Ask the healthcare provider to conduct a sexual assault forensic examination (SAFE) to preserve forensic evidence.
 - If you suspect you had been drugged, request that a urine sample be collected.
- Preserve all evidence of the assault. Do not bathe, douche, wash your hands, gargle, or brush your teeth. Do not clean or straighten up the crime scene.
- Write down, tape or record by any other means all the details you can recall about the assault and your assailant.

First Responders – Responding to Your Needs



SHAPE/Chievres has a team of professionals, ready and available to assist you during this traumatic time in your life. These highly trained individuals are committed to providing you full and complete care,

treatment and counseling. Your SARC or victim advocate will ensure that you receive all necessary services available to you in your community.

Your Sexual Assault Response Coordinator (SARC), will either work with you or assign a Victim Advocate (VA) to help you obtain necessary services from the other first responders (medical, counseling, Chaplain, Military Police, CID, etc.).

The Victim Advocate will accompany you, if desired, to investigative interviews, medical examinations and follow-up appointments.

Your Victim Advocate will continue to assist you until you no longer feel a need for support.

Your Victim Advocate is available 24/7.

Reporting Options for Sexual Assault



Restricted Reporting (Effective 14 June 2005)

The restricted reporting option is only for active duty military.

It is recommended for victims of sexual assault who wish to confidentially disclose the crime to specifically identified individuals and receive medical treatment and counseling without triggering the official investigative process. Active duty military who are sexually assaulted and desire restricted reporting under this policy must report the assault to a Sexual Assault Response Coordinator (SARC), Victim Advocate (VA), a specified healthcare provider or chaplain. This policy on restricted reporting is an addition to the current protections

afforded privileged communications with a chaplain, and does not alter or affect those protections.

Healthcare providers will initiate the appropriate care and treatment, and report the sexual assault to the SARC instead of reporting the assault to law enforcement or the command. Upon notification of a reported sexual assault, the SARC will immediately take the case, or assign a VA to the victim.

At the victim's request and when necessary, an appropriately trained healthcare provider shall conduct a sexual assault forensic examination (SAFE). In the absence of a DoD provider, the service member will be referred to an appropriate civilian facility for the SAFE.

Evidence collected under restricted reporting will be held by the Provost Marshall Office (PMO) with non-identifying information for a period of one year. If the victim has not changed his/her reporting option within thirty days prior to the one year, PMO will contact the VA, and the VA will contact the victim to determine if he/she will go from restricted to unrestricted reporting. If the victim opts not to reverse from restricted to unrestricted reporting, the evidence will be destroyed within the one year time frame.

Unrestricted Reporting

This option is recommended by Department of Defense and is for victims of sexual assault who desire medical treatment, counseling and an official investigation of the crime. When selecting unrestricted reporting, the victim should use current reporting channels, e.g. chain of command, law enforcement or report the incident to the Sexual Assault Response Coordinator (SARC). Upon notification of a reported sexual assault, the SARC will immediately assign a VA or take the case. At the victim's discretion/request, the healthcare provider shall conduct a sexual assault forensic examination (SAFE). Details regarding the incident will be limited to only those personnel who have a legitimate need to know.

Safety – Make it Happen in Your

Life!!!



Using common sense and applying your instincts will reduce the likelihood of a sexual assault happening to you. The following guidelines will also help to keep you safer:

- When you drink alcohol, don't exceed your limitations. Know your limit and be prepared to quit before your judgment is impaired. Studies indicate that over half of all U.S. sexual assaults involve the use of alcohol by the offender, the victim, or both.
- Do not leave your beverage unattended or accept a drink from an open container. You run the risk of someone spiking your drink with a date rape drug.
- When you date someone, inform that person in the beginning of the relationship your desires and limitations for the relationship. If that person is not in agreement, consider ending the relationship.
- If you go on a date with someone you do not know very well, tell a friend or relative your date's name, and provide other significant information, to include the place where the two of you are going for the date.
- Remember, you have the right to say "No" even if you:
 - Say yes, but changed your mind
 - Have had sex with this partner in the past
 - Have been kissing or "making out"
 - Are wearing revealing clothing
- Always have extra money to get home. Have a plan for someone you can call if you need help.
- If you feel uncomfortable, scared, or pressured, act quickly to end the situation. Say, "Stop it" and leave or call for help.

- When you go to a party, go with a group of friends. Arrive together, watch out for each other, and leave together.
- Do not allow yourself to be alone with a person you do not know or trust.
- Jog or Walk only in well-lit areas after dark.
- Keep the doors to you barracks, other living quarters and cars locked.
- Ensure that your cell-phone is charged and accessible.

SERVICE MEMBERS



When a service member has been sexually assaulted, it is important to truly listen to the victim's issues and concerns while not demanding that the victim discuss details of the incident itself. It is also important to let the person know that you are there to support them. Victims should immediately be offered the opportunity to have a victim advocate to facilitate and coordinate services and support systems for them. The victim will need time for emotional and spiritual healing. It is important to consider the following general points:

- Sexual assaults are often under-reported. Estimates are that less than 15 percent of sexual assault victims report the incident to police/law enforcement.
- While it is important to pursue prosecution of sexual offenders, it is equally important to respond to and care for the needs and well-being of the victim.
- Often therapeutic intervention and counseling can help a victim move from a crisis situation to a more empowered position. The victim can come to view holding the offender accountable for the crime as part of his or her own recovery. Assistance from service providers/agencies may help the victim cooperate with law enforcement/prosecutors and at the same time continue to move forward in the healing process.
- It is important to provide victims with options and choices and to assist them with making informed choices and gaining some control.
- Since more sexual assaults are committed by an acquaintance or co-worker, leaders must consider the victim's concerns about returning to their job and possibly working with the alleged offender. It is highly recommended that the victim and the alleged offender work in separate locations.
- When a victim does report a sexual assault, they often fear retaliation or retribution from the alleged offender or friends.
- Initial post sexual assault trauma is a strong predictor of long term trauma. Interventions that can reduce trauma at the time of the medical examination might aid victims in their long term recovery.

What Can Leaders Do to Help Support Victims



of Sexual Assault?

The primary concern is to ensure the safety of the victim. Depending on the circumstances of the assault, safety concerns may have to be addressed by helping the victim change living locations/residence.

Secondly, inform the victims of their right and option to have a victim advocate to accompany them and provide support during the process which may include a forensic and medical examination, and the

investigative and legal process. Explain the role of the victim advocate.

Victim Advocates may provide crisis intervention, referral and non-clinical support to include information on available options and resources.

Arrange for a Victim Advocate of the same sex (when feasible), or contact another trusted individual, of the victim's choosing, to accompany them to the medical examination, as applicable. A healthcare professional that has specialty training to examine victims of sexual assault administers the forensic evaluation and medical examination. Service members may be referred to local civilian hospitals if the Military Treatment Facility (MTF) does not have the capability to provide forensic examinations.

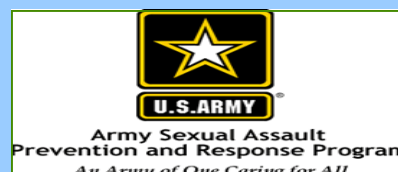
Ensure that the command and all responders know the required Sexual Assault Prevention and Response Program protocols and processes and follow standard operating procedures based upon Army policy and directives. The Army has a basic checklist to help guide the commands' actions when addressing the needs of a sexual assault victim, the alleged offender, and that will assist the command at large. The primary objective is to ensure the appropriate balance between a victim's rights and the alleged offender's right to due process under the law. As a leader, review and familiarize yourself with the Commander's Checklist for the Prevention and Response to Allegations of Sexual Assault. Be familiar with and utilize the resources of the Sexual Assault Prevention and Response Program, AR 600-20, Chapter 8, and the Sexual Assault Response Coordinator (SARC) found at your local Army Community Service.

When supporting victims, leaders also need to address the following issues:

- First and foremost, assure the physical safety for the victim
- Contact the SARC
- Support the victim in contacting law enforcement
- Try to determine the location of the alleged offender and report to law enforcement
- Approach the victim in a supportive manner and reassure them you are there to help
- Advise against the destruction of evidence (i.e. bathing or washing clothes) prior to the victim going to the medical facility
- Assist with or provide transportation to the medical facility
- Reinforce that the sexual assault was not the victim's fault
- Listen to the victim's needs and issues

- Allow the victim to exercise as much control over their situation as possible
- Advise the victim of available counseling, support groups, and other victim services
- Be available – be sure the victim can turn to you for support in the weeks and months following the assault

The Sexual Assault Prevention and Response Program



"A Kinder
And
Gentler System"